



Monthly Lesson
October 2012

“Knowing the I that I Am”¹

Our first step in the Infinite Way is to practice the Presence, that is, to recognize that the *I* in everyone we meet is the Christ. We must *realize* that we are actually talking about this *I* that I am. Let’s quickly go through the body exercise so that we are all attuned to the same level of awareness.

Let’s recognize that *I* am not in my feet and limbs, they are mine; *I* am not in the torso or in the organs and functions of the body. This body is mine; *I* possess it. It can’t get up and walk out of the room unless *I* consent. Now let’s go up to our heads and realize that we are not in the head. We may seem to see through the eyes but we are not in the brain. There is no place *in* this body where we find ourselves as conscious awareness because Conscious Awareness is conscious of every avenue and activity of the body. But we have no consciousness of the brain, blood, bones, digestion or elimination except when they are out of universal rhythm. Then we say that there is disharmony in the body. Our body is an instrument and all the faculties are extensions of this One Conscious Awareness that is invisible and eternal. It is the Consciousness that *I Am*,

and It includes the sun, moon and stars and this planet earth, or we wouldn’t be conscious of the universe including all mankind.

We awaken to the fact that the entire universe is in our consciousness. We look at the stars and watch the planets move – these are in our consciousness or we wouldn’t be aware of them. That which you truly are includes the universe and it is only when you realize this that you can say, “*I and my Father are one.*”² You realize that you are one with God, the universal Divine Principle and you are consciously aware of the universe in which you live. All our treatment and metaphysical work must start with the truth of God. “*And ye shall know the truth, and the truth shall make you free.*”³ So we start with the truth that “*I and my Father are one.*” *I am in the Father and the Father is in me. God the Father and God the son is one. I Am that I Am is the truth of oneness.*

The universal *I Am* is individualized as the *I that I am*, but It is never localized or finitized. Think of the Divine Influence emanating from this Consciousness of Truth. Jesus knew this; he was called God Incarnate or the Son of God because he knew the truth. He said “*If ye continue in my word, then are ye my disciples indeed; and ye shall know the truth, and the truth shall make you free.*”⁴ The Truth frees us from personalization which is desolation. The Truth unites us with all God’s universe including every spiritual being and idea. This is our starting point, and when we do treatment work, we must

² John 10:30

³ John 8:32

⁴ John 8:31-33

¹ 1991 Asilomar Retreat, Tape V (9108), Side 1

rise to this level of awareness. We start by contemplating the nature of God as Omnipresence (all-presence), incorporeal, invisible, and spiritual. This *I that I Am* is Omnipresence; It exists here, there and everywhere. There is no place where It is not present. It is also Omniscient (all-knowing), the activity that keeps the planets in their orbits, the tides in their rhythm. It is always doing everything! This is why, if we understand this truth, we can live by Grace. When we allow ourselves to be brought under the government of this Truth, then It guides, directs, and protects. It is Life abundant and unites us with all spiritual being and idea.

So God, Spirit is doing everything; there is nothing for us to do but to know the truth that "*I and my Father are one*;" Divine Consciousness and I are one. Then we lift up our gaze to the planetary system, the moon and stars; we notice the tides, we see roses growing on rose bushes, apples on apple trees, oranges on orange trees and we realize "I'm governed by this law that is in operation. This Law of like begetting like is fulfilling itself, unfolding, disclosing and revealing Itself. I'm the beholder of this Divine Activity that is wholly spiritual." When we say spiritual, we recognize that in the invisible realm of Spirit, there are no processes; It just is and It is continually in operation.

So now I have recognized that the nature of God is Omnipresence and Omniscience, and that there is no other power than this One. On the personal level, we can give power away to food, climate, drugs, persons, economics, and so on. But that is something the unilluminated mind does through personalization of the One Consciousness. The illuminated mind accepts the Grace that is always operating. God is doing all and He

does not need a co-partnership or a co-creator. We co-exist in God. We live and move and have our being in God in a completed universe where *All* already *Is*.

We now know that there is only one Power; however it is not a Power that can be used. It is the Power that keeps order in the planetary system, keeps the earth turning in its orbit – no one can influence this Power to do more than it is already doing! It is doing everything perfectly and harmoniously, and when we bring ourselves into alignment with It, It governs our entire being. Our mind, body, business affairs, home, and relationships are all governed by this Divine Consciousness that I am and you are in our true Identity.

In our treatment work, we know the truth about God, man, body, law and substance. God appears as man; man is the manifestation of this one infinite Consciousness individualized but never finitized. So now, you must agree with me that you have never seen a man, woman or child. You have never seen this manifestation of God because it is wholly spiritual; it is incorporeal and therefore incorruptible. If you have never seen me and I have never seen you, what have we seen? Our concept of the One Body. This body is the temple of the living God "*if so be that the Spirit of God dwell in you*"⁵ (if you have accepted this truth that you are not the body concept but the expression of God's Being). This expression or manifestation of God is One just as the Light and Its rays are One. There is no separation; It is invisible and indivisible. The body concept is the form we see, but is this body a finite concept, hanging out in time and space or is it in our

⁵ Romans 8:9

Embodied awareness? This is so important! My Body is in my awareness. This truth of Oneness of which I am consciously aware keeps mind and body clean, pure, and receptive to God's government. Since I know the truth of Oneness, my body is God's temple. Spirit is alive in me and It harmoniously maintains and sustains Its temple as long as I need it.

We touched on the law of God; the law of *I Am that I Am*. *"Is there a God beside me? yea, there is no God; I know not any."*⁶ *"I am the law thy God...thou shalt know no god but me."*⁷ *"Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth."*⁸ You are not to make an image of this God because man is the only image of God. Man is the image and likeness of God, but you have not seen this man – you have only seen your concept of the One Body.

Paul said *"this corruptible must put on incorruption, and this mortal must put on immortality."*⁹ That is what we are doing; we are putting on the incorruptible truth about God, man and body. We are realizing that the laws of God are eternally working. It is the law of like begetting like – God begetting Himself endlessly as His creation. Therefore, all creation is complete, spiritual and incorruptible in God.

Then we realize the truth of substance – the substance of this universe including manifestation: man, body and

⁶ Isaiah 44:8

⁷ Hosea 13:4

⁸ Exodus 20:4

⁹ 1 Corinthians 15:53

all the forms are spiritual, eternal, immortal. There is nothing to change and nothing to heal. If we know this truth, it will make us free.

We do not apply truth to the appearance world. Instead, we turn away from the conceptual or appearance world and we lift up our gaze, look unto this *I*, acknowledging Him in all our ways, and then God's government harmony ensues – that which *Is* appears. So we are not exchanging bad matter for good matter, sick matter for well matter, or a little matter for a lot of matter. We are not dealing with a material sense of the universe; we are realizing the truth: *"Ye shall know the truth, and the truth shall make you free."* A mind imbued with truth is a law of harmony unto body, home, business, government and relationships. This truth is all-inclusive, very simple and very one-pointed. There are not many different forms of treatment, but treatment must include the truth of God, man, body, substance and law. If our treatment includes these elements, we will be free from the hypnotism of this world, and so will our body, home, business, government and relationships.

So you see, we have impersonalized the *I* and lifted It up above personal sense into the realm of the spiritual truth that there is but one Ego and that One is God. God is your being, my being, infinite Being – the only Being there is. In the light of this truth, the sense of personal ego disappears and we call that "dying daily." To me, dying daily is a relief from the responsibility of patching up a seemingly disintegrating body, business, home or universe. It is such a joyous activity to know that God is doing It! I

don't have to *do* anything except be still and know that *I* is God. We must continually silence the arguments of mortal mind, the belief in two powers. We silence our mind so that we can live in a state of harmonious being, the ultimate state of living. But we don't arrive there until we have gone through a period of developing the metaphysics of the Infinite Way.

The secret of this metaphysical treatment is the realization of the truth about God, man, body, law and substance. Whether it is disease, economics, or relationships, the condition is usually instantaneously healed if the patient and practitioner are on the same beam. If someone comes to you for healing, and their attitude is that the condition is not just an appearance but a reality, then it is very difficult to lift them up. But if they come to you and they realize they are dealing with an appearance, a projection of universal hypnotism, and they say, "Please be with me so that we can be one in the truth that there is only one Power and one Presence" – when they have that attitude, the healing is usually very swift.

If we accept the metaphysical principle of keeping our mind stayed on God, hold to the truth and let the false diminish, we will gradually be weaned away from automatically accepting appearances at face value. We will discover that we ourselves govern our life, mind and body by our altitude of prayer. But we don't really do this; it is the *I* that is within; it is the *I* that we have recognized. Then, like Paul, we can say "*I live; yet not I, but Christ liveth in me.*"¹⁰

¹⁰ Galatians 2:20

Dear Friend,

This month is a time of importance as the election draws near. Every 4 years, we have the wonderful privilege of voting for those we believe represent our standard of government -- "Government for the people, by the people." When we fail to exercise this privilege, a small electorate governs the many. Everyone who cherishes individual freedom must exercise this voting privilege.

This month, I recommend that we read the following prior to viewing the debates: Chapter 7 in Beyond Words and Thoughts and Chapter 10 in Our Spiritual Resources. Let us lift up to a higher standard these men who are running for office and see if we can bring forth an intelligent and informed experience.

In loving Oneness,



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